



## **Helpful Handy Hints & Tips for Parents with Children**

**The sessions will be delivered online and consist of four sessions over the four weeks**

**Venue – Online via Microsoft Teams**

**Start Date & Time: Thursday 14<sup>th</sup> Oct @ 11am**

### **Week 1**

**Building Blocks (The Four Constructs – Self Awareness/Appropriate Expectations/Empathy/Positive Discipline)**

**The Art of Listening**

**How We Communicate**

**Giving Praise**

### **Week 2**

**Starry Skies Kindness Chart**

**Praise and Criticism**

**Guiding without Criticising**

**Time to Play / Child Led Play**

### **Week 3**

**The Need for Consistency and Boundaries**

**Time to Calm Down**

**Stress Brings Distress**

**Handling Anger**

### **Week 4**

**Choices and Consequences**

**Behaviour to Ignore (Active Ignoring)**

**Nurturing Ourselves**

**Keeping Children Safe in the Digital World**